WELCOME TO YOUR DIARY TOOLKIT

We've deliberately included varied activities that will take you out of your comfort zone and show you different ways to reflect, be creative, and get to know yourself better. We encourage you to try each activity at least once; that way you'll know which ones suit you best. Then, when you've tried each one, you have the exciting opportunity to create a toolkit that is completely bespoke to you and your particular needs. This personalised approach will support you on your journey to health, happiness and resilience because it's been created by you.

Now that the Diary Toolkit is a free digital download you can choose to save it to a device or print it off. I would strongly encourage you to print it though, at least to begin with, as simply keeping on your device will mean it could get forgotten about. Seeing a physical page will remind you to engage with it more.

You can move the order of the activities around to create a system that works for you, or choose a random one each day.

Keep reflecting on the activities and don't be afraid to update the order or preferences depending on your mood or needs at any given time. And remember to use your spinner and the transition activities because these will help you to move into a reflective mindset and maximise your Diary toolkit time.

Enjoy experimenting and building a new, healthy habit. Keep in touch and let me know how you get on!

Dr. Lucy Kelly

The Toolkit has three stages,
which are completed each day.

1. TRANSITIONS

These tasks are designed to help you transition from your busy mode into a more reflective place. The tasks take less than 5 minutes to complete. They are a relaxing way to ease you into a reflective state.

2. ACTIVITY

Once you feel more relaxed, choose an activity. When you run out of space you can purchase more pages from our website: **thediarytoolkit.com**

3. REFLECT

Finally, take a moment to reflect. At the end of each activity decide whether you'd like to keep your entry, erase it (tear it out / scribble over it) or share it with others.

The end goal of the Diary Toolkit is to help you form habits that positively support your wellbeing.

TRANSITIONS

Transitions are all about the process, not the product. They are short exercises, which help the brain and body to move into a more reflective state of mind.

Transitions can help the nervous system shift into a more receptive state so you can notice how you are feeling.

Randomly select which transition exercise to do today by using the penny spinner - instructions for how to make your own can be found on the next page.

The spinner has 6 transitions on each side, and can be used either way up. The symbols represent the different transitions detailed on the next few pages.

So have a spin, find the corresponding exercise and enjoy this moment of calm!

Please check our social media and website for more ideas for your spinner.







*Please turn over for instructions on how to make your own **Transitions Penny Spinner.***

cut dashed line

TRANSITIONS SPINNER





cut dashed line

How to make your Transitions Penny Spinner

Use the template above to make your own penny spinner so that you can randomly select a transition activity.

1. Using a pair of scissors or a craft knife, cut out the hexagon below following the dashed line.

2. Make a slit in the centre and insert a one penny coin so that half of it sticks out the other side of the hexagon.

3. Spin your disc using the coin and wait until it lands on an icon. There are 6 different icons on each side; these relate to the transition activities on the following pages.

BREATHE

Take a moment to focus on your breathing.

Notice the flow of air coming in and going out.

You may like to gently count your breath in and add 2 counts to make your breath out a little longer.

Breathing through your nose slows down your breath, and warms and cleans the air as it comes into your body.

PLAY MUSIC

Choose a piece of music that you like and play it through your preferred device.

If your selection is more than 5 minutes long, you can set a timer to remind you to do today's Diary Toolkit activity.

Press play, sit back, relax and enjoy.

DRINK TEA

Take a moment for yourself with a cup of tea (or your drink of choice).

Don't rush. Find your favourite cup.

Select your beverage. As you wait for the kettle to boil, try not to think about anything else.

Make your drink exactly the way you like it. Then sit in a comfy chair and enjoy it.

MOVE AND RELEASE

Start by standing or sitting.

Uncross your legs and arms.

Lift one foot at a time, roll your ankle, wriggle your toes.

Bend your knees, placing your hands on them.

Breathe out and softly round your spine, chin towards your chest; then let your spine grow tall as you breathe in.

Repeat a few times, letting any good feelings reach your back and shoulders.

Lower your chin towards your chest and rest for a moment.

Hug your shoulders towards your ears and roll them back down.

COOLING HANDS

A great way to switch your brain and body from one state to another is by placing your hands into cool water.

Find the nearest hand basin and give it a go.

If you're feeling hot and bothered, let the cool water cover your wrists as well. You can even splash your face if you like.

PAPER AEROPLANE

Find a piece of paper or tear a page out of a magazine and fold it into a paper aeroplane.

How well does it fly? Experiment with what techniques work best.

If you're feeling adventurous, you can find lots of other things to make at www.origamiway.com

MY VERY OWN TRANSITION

The spinner has gifted you with a choice to do whatever you want for the next 3 minutes.

Choose any of the transition activities or make up your own.

Do you like to knit? Sing? Jump up and down? Paint, or play a musical instrument?

Indulge yourself as a way to set yourself up for using your Diary Toolkit today!

QUOTE OF THE DAY

Take time to pause and contemplate an idea or short phrase before you begin your Diary Toolkit activity today.

Find an inspirational daily quote from **wisdomquotes.com**, or look for your own quote in a book.

Also, check our website and social media for further inspiration.

BOUNCY BALL

Find yourself a bouncy ball. It can be any size.

Bounce the ball, catching it as it comes back up to the height of your hips.

Can you try it with one hand or use alternate hands to throw and catch?

As you play with the ball for about 3 minutes, notice the change of feeling in your body.

Play is soothing to your nervous system and helps soften the focus of your mind.

LISTEN TO NATURE

Tuning into the sounds of the natural world and rhythmical noises can have a calming effect.

If you can, go outside and listen to how many different sounds you hear within 2 minutes.

Notice the sounds that are very close to you, and those that are far away. Notice the mix of natural and artificial sounds in your environment.



BODY SCAN

Sit or lie somewhere you can relax.

Bring your attention to the soles of your feet. Notice what they are resting on. Feel your feet relax their weight into whatever is beneath them.

Move your awareness slowly up your legs, your knees, your thighs, your hips. Notice what they are supported by, and feel them relax into that support.

As your body relaxes, feel your breath moving in your belly and your chest.

Finally, feel your face relax; let your cheeks soften and your jaw release.

OBSERVE

Find a window with a view.

Sit or stand comfortably where you can look out. Bring your gaze to an object near you, focus on it and stare.

Notice the colours, textures, and shapes you are looking at.

Shift your gaze to an object slightly further away and stare, looking for as much detail as you can.

Now move your gaze as far into the distance as you can see.

ACTIVITY

The main activities in the Diary Toolkit provide different ways to unpack your day and reflect on your experiences, thoughts and feelings. They can help you assert healthy boundaries in your school and home life.

By paying attention to wellbeing on a daily basis, you can explore, set up and maintain healthy habits that contribute to your wellbeing, happiness and resilience.

The main activities are designed to take 10-20 minutes, sometimes longer if you want.

Choose a time for the activities when you are unlikely to be interrupted. This might be first thing in the morning, last thing at night, or a moment of calm during the day.

Many people find that doing the activities at the same time each day helps to form a habit, but it's also fine for you to vary the times - it's your Diary Toolkit to use in a way that best suits you!

FREE WRITING

Clear out the clutter in your mind

Write whatever comes into your mind. It doesn't matter how silly, petty, whiny or absurd it is. There is no pressure to be creative - although sometimes you might surprise yourself.

Fill as many pages as you like with your words. No-one ever has to read what you have written (unless you choose to share it with them).

This activity is essentially a brain drain. The aim of the game with free writing is to give your subconscious an outlet.

The less you think about it, the better - just keep your hand moving.

Useful tips

• If you are finding it hard to begin, choose one of the following sentence starters:

Today I...
I am struggling with...
Tomorrow I would like to...

• Try to keep your hand moving, even if it doesn't feel like you are making sense.

• Give yourself a time limit, say 10 or 15 minutes.

• Don't worry about your spelling, punctuation or grammar.

REFLECT

When you have finished the activity, take a moment to reflect and consider what you would like to do with your entry:

KEEP ERASE SHARE

STORYBOARDING

Guess what happened today?

When you got back from school today (or yesterday if you are doing this in the morning), were there any parts of the day that stuck in your mind? A funny interaction? Or some kind of mishap?

Record the episode in your own comic book/ graphic novel style using the storyboard picture and text boxes on the following pages. If sketching isn't your thing, stick people will do the job nicely!

Useful tips

• Decide what story you want to tell and how many points or key events there are, then plot these out using the boxes.

• Choose what medium you would like to draw with. Sometimes changing from a pen to a coloured pencil or a paint brush can help to release your creativity.

• Don't worry about how 'good' your drawings are. Every mark that you make is valid.

• You can use words and captions to help bring your story to life.

REFLECT

When you have finished the activity, take a moment to reflect and consider what you would like to do with your entry:

KEEP ERASE SHARE

GOOD THINGS

Acknowledge little wonders in your daily life

Today you can dig deep and sift through the sand and dirt to find some nuggets of gold.

Number your page 1, 2, 3. Name ‘3 good things’ that happened to you today and write each of them down.

Take a moment to celebrate these good things. How did you feel when they happened? Was anyone else involved? If so, can you thank them for their impact?

Continuing this practice builds up a wealth of 21 good things a week - the positivity just keeps growing!

Is there anyone you’d like to share your ‘3 good things’ with?

Useful tips

• If you're not sure where to start, think back through your day, looking for something positive that happened or a moment when you felt good, grateful or smiled.

• If it feels hard to find something good, go back to basics - did you have hot water this morning?

• Think about all the people (and/or animals) you've interacted with today, even if conversations were rushed or tense. Who are the people (or pets) you're grateful to have in your life?

• We would love to hear about your '3 good things'; tag us in your posts on social media @thediarytoolkit and use #3goodthings, or find the section on **thediarytoolkit.com**

REFLECT

When you have finished the activity, take a moment to reflect and consider what you would like to do with your entry:

KEEP ERASE SHARE

WELLNESS CHECK

How was your day?

A questionnaire on the following pages will help you to unpack your day today (or yesterday if you are doing this in the morning).

Your answers will allow you to reflect on the good bits (and not so good bits), consider how you spend your time, and think about something you would like to change.

Useful tips

• If you want, you could repeat this activity every day for a week. This might help you to identify patterns and imbalances and, over time, perhaps find ways to readdress them.

• Some people find it helpful to do this activity once a week, or once a month, and then notice any patterns or changes that are occurring.

• To make the most of these pages, try using a different colour each time you complete it.

• Extra pages for this activity are available to buy at thediarytoolkit.com

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REFLECT

When you have finished the activity, take a moment to reflect and consider what you would like to do with your entry:

KEEP ERASE SHARE

Daily wellness check up

On a scale of 1 - 10 how would you rate your mood today, where 1 is rock bottom and 10 is over the moon.

1 2 3 4 5 6 7 8 9 10

What went well today?

What didn't go so well today?

Visualise how you spend your time:

Use your last full day from the time you woke up in the morning yesterday to the same time this morning. Out of 24 hours, how many hours did you spend on each of the following headings.

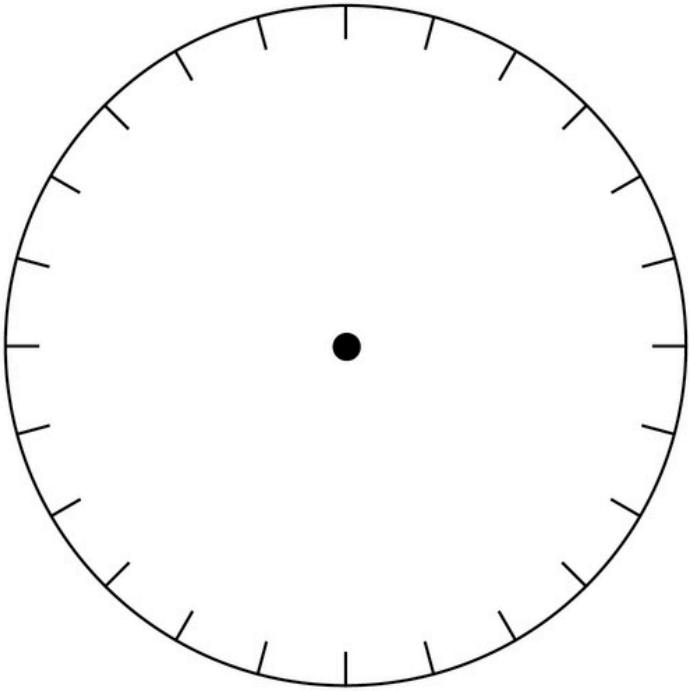
School day: **Work at home:**

Social time: **Sleep:**

Relaxation time: **Other:**

Now fill in your pie chart to create a visual representation of how you spend your time.

Each mark represents an hour, 24 in total.



The space below is for any observations about how you spend your time. Explore what feels like a healthy balance for you in your life.

Set yourself a personal goal for tomorrow.

FREE DRAWING

Take your pen for a walk across the page

Take a pen or a pencil - either one you use all the time or one you save for special occasions - and spend two minutes scribbling, doodling and making marks across the page.

Notice what shapes and patterns take form as your pen or pencil travels across the paper. Try not to think too much; let your pen or pencil do the work.

Free drawing and doodling can be a relaxing activity because there's not an end point or specific outcome required. It's an opportunity to get into a rhythm with the pen/pencil and see what thoughts, feelings or experiences come through.

Even if none are apparent in the act of drawing, you can look at the marks on the page afterwards and see if they remind you of anything or point towards a specific feeling.

Useful tips

• If you don't know where to start, make a mark on the page by loosely scribbling. Then work into your shape by filling in gaps and connecting lines to create a drawing.

• See if you can keep your pen or pencil moving.

• Experiment with different mediums. Sometimes changing from a pen to a coloured pencil or a paint brush can help to release your creativity.

• Don't worry about how 'good' your drawings are. Every mark that you make is valid.

• Notice how your choice of pen/pencil makes you feel. Does it glide in a satisfactory way, or annoy you because it is scratchy? What could this teach you? Could changing the writing implement you use every day improve your mood?

REFLECT

When you have finished the activity, take a moment to reflect and consider what you would like to do with your entry:

KEEP ERASE SHARE

TIME TO EXPLORE

Wellbeing includes taking time out

This activity is perfect for the weekend or when you have time to put down the books, computers and 'to do' lists and take some time out to explore, enjoy and engage all your senses.

Schedule a walk or a little trip today; some special time doing something you love or something new and exciting.

Collect something during your outing and stick it into your Diary Toolkit with a brief summary of your day.

Useful tips

• You might collect: a leaf or a flower from a walk, a receipt or card from a café or restaurant, a photo of a place you visited or the people you met. Give it pride of place in your Diary Toolkit, sticking it in with care and a sense of celebration.

• If you don't enjoy writing, you can audio or video record a little summary of your day.

REFLECT

When you have finished the activity, take a moment to reflect and consider what you would like to do with your entry:

KEEP ERASE SHARE

REFLECTING THROUGH WRITING

Dear Diary...

It's time to take a moment to reflect. Today's activity is straight-forward diary writing. Don't wait until the end of a week or term to reflect; get into the habit of doing it more often to help you along the way.

The beauty of writing a diary is that it's just for you. It's a place where you can unpack problems, record things you don't want to forget, and be honest with yourself.

It's also an opportunity to celebrate everything you've done during the day/week, however big or small. So, make the most of this time to talk to yourself about your progress.

Useful tips

• If you're not sure where to begin, you could recollect the day/week in chronological order. It's likely that at some point you will go off on a tangent and it can be interesting to see where your attention is focused, or what's lingering from the past few hours/days.

• You can keep it quite factual, or you can start to name the feelings and emotions that have come up for you in relation to different events across the day/week.

• Alternatively, you can start with how you are feeling right now: what's on your mind at this very minute?

• You might like to write about your plans for the following day/coming week, or wider hopes and goals.

• This activity is great to do on a Sunday because it gives you a chance to look back on your week and use this knowledge/insight to set an intention for the week ahead.

REFLECT

When you have finished the activity, take a moment to reflect and consider what you would like to do with your entry:

KEEP ERASE SHARE

SPEAKING

When I woke up this morning I...

This activity is about speaking aloud and using your voice to unpack your thoughts.

Use a Voice Memo app, found on most phones, to record yourself.

Begin by saying the words: *When I woke up this morning I...* and see where it leads you. You can describe your day chronologically, and it's fine if you go off on a tangent.

Try to keep talking for at least one minute. If you can, round it off, so it's clear you have come to the end.

Useful tips

• If you're not used to the sound of your own voice, it can feel a bit uncomfortable at first, but the more you do it, the easier it becomes. Try not to think of the end result; just imagine you are talking to a friend on the phone.

• If you don't have a Voice Memo app, or would prefer not to record your voice, try just speaking out loud.

REFLECT

When you have finished the activity, take a moment to reflect and consider what you would like to do with your entry:

KEEP ERASE SHARE

CONQUER A CHALLENGE

Try brainstorming solutions

During this reflective time, turn your attention to something that's been bothering you, and see if you can methodically and playfully find a solution to it.

Don't settle for the first thing that comes to mind; instead, explore the issue from all sides and make yourself laugh out loud with unusual or unrealistic options. See if you can have fun with it!

Try to note down 3-5 ideas for ways to overcome the challenge. In playing around with your ideas, you might just hit upon a workable one!

Useful tips

• If the blank page seems daunting with apparently no way over the hurdle, then let yourself include some random, fantastical solutions (no matter how ridiculous)!

• If you're finding it hard to start, think of a small or flippant challenge - you don't need to go straight in with a big one!

REFLECT

When you have finished the activity, take a moment to reflect and consider what you would like to do with your entry:

KEEP ERASE SHARE

WELLBEING JAR

Filling yourself up with goodness

Today's activity will set you up for the rest of the week or month. It will be a place where you can watch your Wellbeing Jar fill up with each thing that you do to support yourself.

1. Find yourself an empty jar, box, or gift bag.

2. Make a label for your container that says 'My Wellbeing Jar'.

3. Take some coloured paper and scissors and cut the paper into small squares or strips.

4. Begin to fill up your Wellbeing Jar by writing down any of the nurturing things you've done for yourself today.

Watch your Wellbeing Jar fill up each day! There'll be an activity coming up to unpack your jar.

Useful tips

• For the next week, use your daily transition time to add further 'good things' into your Wellbeing Jar.

• After a week, you can sift through the Wellbeing Jar and recap on all the amazing ways and 'little things' you've been doing to look after yourself during the week.

REFLECT

When you have finished the activity, take a moment to reflect and consider what you would like to do with your entry:

KEEP ERASE SHARE

WEATHER TRACKER

Does the weather relate to wellbeing?

If you can, take a few minutes to go outside and really observe the weather, the sky, and the atmosphere. If you cannot easily go outside, go to an open window and look up and out...

Take some time to capture today's weather in your Diary Toolkit - you can draw the clouds, audio record the rain or take photos and paste them onto the page.

What emotions does the weather invoke in you right now? Note down whatever comes to mind.

Useful tips

- Try to engage different senses with these prompts:
  What colours can you see in the sky right now?
  Are there clouds?
  How quickly are they moving?
  What shapes can you see?
  If it is windy, can you feel the wind on your face, or your arm?
  What noise is it making?
  Rain? How big are the raindrops? How loud is it drumming or pitter-pattering?

REFLECT

When you have finished the activity, take a moment to reflect and consider what you would like to do with your entry:

KEEP ERASE SHARE

YOUR UNIQUE JIGSAW

Placing the pieces of your wellbeing puzzle

Today you will explore the pieces of your own 'puzzle' that slot together to support your wellness. You may not have all the pieces in place at one go, and that's okay! Each of them enhance different aspects of your daily life.

Start with the grid of different puzzle pieces. Put yourself in the centre. In the other segments, add in different things that help you to feel good.

Do you need 9 hours sleep, or maybe an early morning jog or a bike ride? What helps you to unwind and switch off? What are your favourite weekend activities? Add them all into your jigsaw.

If you want, you can cut out the pieces of your jigsaw and rearrange them each day, showing what you've done to support your wellbeing.

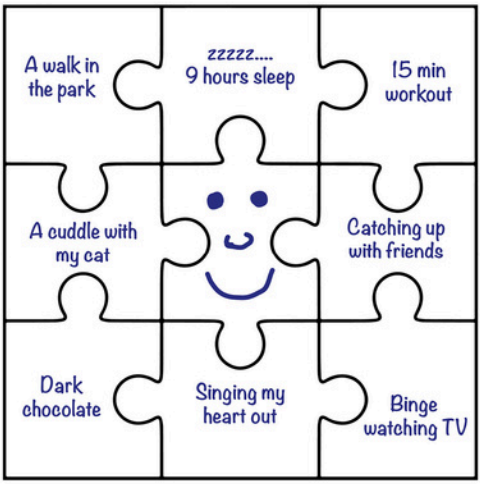
Doing this activity regularly offers you the opportunity to reflect on the various aspects of your wellbeing puzzle and make changes/ tweaks where needed.

Useful tips

• You can put yourself in the centre with a drawing, a smiley face, your finger print or by writing your name.

• If you're not sure what things in your day help you to feel good, think about moments of respite: does the morning cuppa make your day? Or a natter with a friendly colleague at lunchtime?

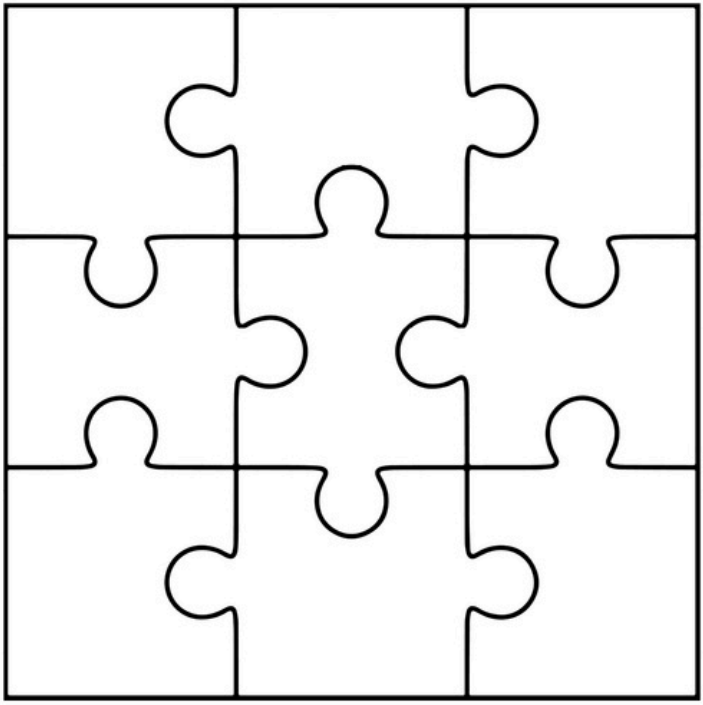
Example:

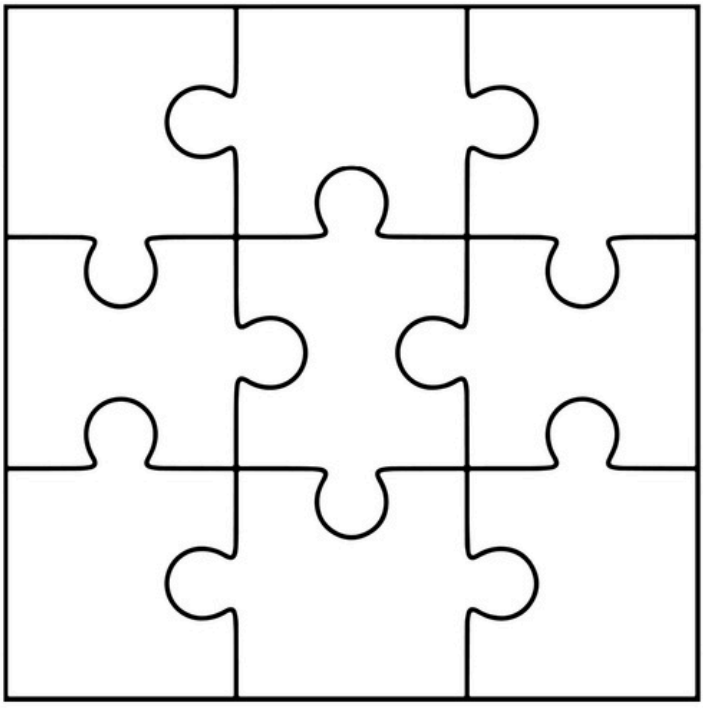


REFLECT

When you have finished the activity, take a moment to reflect and consider what you would like to do with your entry:

KEEP ERASE SHARE





SCRAPBOOKING

Get colourful as you're making memories

Whether you're having a wonderful day out or a day at home, make sure you set aside some time to do things that make you feel good.

Afterwards, use your Diary Toolkit time to decorate this page like a scrapbook, based on what you did today.

You might want to get some bright colours, or coloured tapes and stickers, to make the page really bright and personal.

You could use photos, drawings and/or doodles to create a vibrant account of what you've done and how it made you feel.

If you haven't got coloured pens, glue or photos to hand, you can fill your page with a pencil or pen drawing, and record your memory using doodles and notes.

Useful tips

• It can be really interesting to recycle and reuse items - you can crumple old newspaper and unfold it to get a nice texture, or take the odd leaf or flower from outdoors to add some natural elements to your scrapbook page.

• If you're feeling adventurous, you may like to print with an ink stamp and everyday household items.

REFLECT

When you have finished the activity, take a moment to reflect and consider what you would like to do with your entry:

KEEP ERASE SHARE

POSITIVE MINDSET

What's today's affirmation?

There are two parts for today. The first is to write your own positive affirmation. The second part is to create a picture using the words in your affirmation.

An affirmation is a word or phrase that is repeated often and expresses a strong belief. A positive affirmation can be used to help create a positive outlook or feeling.

Write your own personal affirmation for today/ this week, or choose one from the list on the next page.

It should hold special significance for you, affirming something positive about you and your life, or reminding you of something important.

As well as writing it into your Diary Toolkit, copy it onto a piece of paper and place it somewhere you'll see it often. Then, repeat it to yourself throughout the day/week.

Useful tips

• Put your affirmation somewhere you can see it every day - this could be on a mirror, by the wardrobe or on your desk.

• Don't worry about making a perfect drawing. Simply changing the size of the words, or adding character to them, can be a good way to embellish your affirmation and really make it your own.

• Have a go at a few different versions until you get a drawing you like - that way, it doesn't need to be perfect first time!

REFLECT

When you have finished the activity, take a moment to reflect and consider what you would like to do with your entry:

KEEP ERASE SHARE

Create your own affirmation or use one from the list below:

I am strong

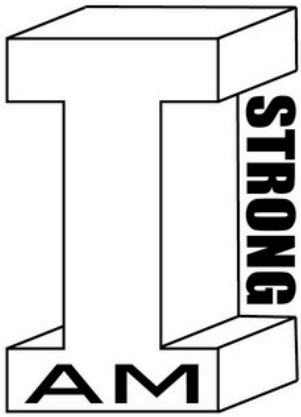
Yesterday is not today

When it's dark, look for stars

I take time to pause

I am creative

Once you've chosen your affirmation, draw the words into an emblem or a motif that adds a visual element to your affirmation.
For example:



A LETTER TO YOURSELF

What would you say to yourself in the future?

In the future, what are the prompts, reminders or congratulations you need to give yourself to help you stay on track with your wellbeing? Maybe you can remind yourself of the importance of healthy boundaries within your life? Write down the things you want your future self to know, remember and reflect upon.

Write the letter and then put it in a sealed envelope, addressed to yourself. Or type it into an email and schedule it to send to yourself in the future.

Set up a notification in your calendar now so you can take time to read your letter in the future.

Useful tips

• You can take a photo of your letter instead of typing it up for an email.

• When you look at your letter in the future, you can review the experiences you've had between now and then. Once you've done that, try writing a new letter for your future self.

• Celebrate all you've achieved during that time, however small.

REFLECT

When you have finished the activity, take a moment to reflect and consider what you would like to do with your entry:

KEEP ERASE SHARE

OBJECT STORIES

Memories and meaning in everyday items

Choose an item that you associate with good feelings and joy (a gift, a photograph). Or if you prefer, you can choose an everyday item (a cup, a toothbrush) and give it a meaning of your choice.

Take time to really explore the object with your senses. What does it feel like to touch? Does it have different surface textures and materials, and do they feel cool or warm? What colours are there? Is it small or large?

Write or audio record your thoughts about it. Include any memories and describe any feelings that you have about this object. If it's an object that seems insignificant, what stories or meaning can you create for it? What role does it play in your life?

Useful tips

• To begin with, you might like to draw, or photograph, the object from different angles, or you can describe it in writing, or by speaking out loud.

• Are there different significant objects in different rooms of your home, or even in your classroom at school?

REFLECT

When you have finished the activity, take a moment to reflect and consider what you would like to do with your entry:

KEEP ERASE SHARE

SKETCHNOTING

Scribble, sketch and annotate your feelings

This activity is similar to making a mind-map. You can use coloured pens and paper, or you can use an app such as Sketchnote to record your thoughts.

Throughout each day, we all experience a wide range of emotions and feelings - sometimes at the same time! Think about different segments of your day and put each one into a 'bubble'. Note or sketch out your feelings and actions.

Once you've sketched out a few, look over the whole mind-map. Do you notice any patterns? Are you surprised by the variety? What are the things you want to focus on or hold on to from today?

Over time, you can build up your own unique set of symbols / images, which are like a personal language to describe your feelings.

Useful tips

• Sketchnoting gets easier with practice! Some people like to start with a word and then draw things associated with it; others like to begin with a rough image and add words or notes to give it context.

• Doodling and sketching helps the brain to process information differently than if you were just writing.

REFLECT

When you have finished the activity, take a moment to reflect and consider what you would like to do with your entry:

KEEP ERASE SHARE

CREATE YOUR OWN ACTIVITY

Wellbeing is bespoke

Everybody has different wellbeing needs and these can change on a daily basis. As you've been following the Diary Toolkit process, it may have sparked ideas for other activities that you like to do to reflect, or want to try out for yourself.

Today is an opportunity for you to try out a reflective activity of your own design, or one that you may have used elsewhere but haven't come across in your Diary Toolkit.

If you don't want to create a new activity today, you can choose an existing one from the Diary Toolkit.

Useful tips

• If you're not sure where to start with making your own activity, the NHS has published a short guide - '5 steps to mental wellbeing' - which gives some helpful starting points:

www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/

• Teaching packs designed to help boost children's wellbeing also work very well for adults:

www.teachingpacks.co.uk/60-wellbeing-activities-for-children/

• We'd love to see your bespoke activity, so please share it on Twitter or Instagram: #diarytoolkit.

REFLECT

When you have finished the activity, take a moment to reflect and consider what you would like to do with your entry:

KEEP ERASE SHARE

PLAY WITH POETRY

Summarise your day with a playful verse

Whether its been a tough day, a bit ridiculous, or a great day, see if you can express your emotions in a few choice words by writing an acrostic poem about it.

Firstly, choose one word to summarise your day (for example: Funny). Then, use each letter of the word to structure the lines of your acrostic poem.

They can be single words or full sentences. Use your poetic licence and make them as silly or as serious as your mood.

If you're feeling ambitious, you can try a Haiku poem. To make a Haiku, summarise your day in 3 lines, using a rhythm of 5 syllables, 7 then 5.

Useful tips

• Try out a few different words to help you get started.

• Remember, it's not about creating award-winning poems; it's just a vehicle for giving voice to the things on your mind and your feelings today.

• No-one needs to see your poems unless you choose to share them.

REFLECT

When you have finished the activity, take a moment to reflect and consider what you would like to do with your entry:

KEEP ERASE SHARE

UNPACK YOUR JAR

Celebrate your wellbeing actions

Previously, you created your Wellbeing Jar and set the intention to add little nuggets of nurturing things into it daily. Today is a chance to celebrate all your efforts.

Take some time to look through your jar and notice any new habits you are forming as you give more attention to your wellbeing.

In your Diary Toolkit write down what you notice, and any actions that particularly stand out for you. Write about why they are significant in your wellbeing journey.

After looking through your notes, you can put them back in the jar, or save them in an envelope and paste it into your Diary Toolkit. (If you prefer, you can discard your notes.)

Now, start filling your jar up again!

Useful tips

• If you don't want to write about what you've noticed, you could speak your thoughts and reflections out loud and record them using using the Voice Memo app.

REFLECT

When you have finished the activity, take a moment to reflect and consider what you would like to do with your entry:

KEEP ERASE SHARE

LOOKING BACK, LOOKING FORWARDS

Review your progress

Take some time to think back over your Diary Toolkit entries and notice any patterns. You can map your journey, or note down things that have made a difference to your wellbeing.

If there's a problem or emotion that keeps coming up repeatedly, take some time to explore it in more depth. Can you identify any patterns and explore different approaches you can try?

If the cause is out of your control, what can you put in place to support your wellbeing?

You can also come back to this activity again at the end of the month / term / year. It can be reassuring to check your progress and celebrate the little wins!

Useful tips

• If you're not sure where to begin, you can review the previous week/last 3 weeks in chronological order by flicking back through the pages in your Diary Toolkit.

• You can be factual about what happened and/or start to name feelings and emotions that have come up at different points in your journey.

• Alternatively, you can start with where you are right now, and look at how far you've come.

• You might like to include any hopes and goals for your wellbeing going forward.

• If you prefer, you can audio or video record your thoughts, feelings and findings, rather than writing them down.

REFLECT

When you have finished the activity, take a moment to reflect and consider what you would like to do with your entry:

KEEP ERASE SHARE

Sources of Support

If any issues have come up that you would like to discuss, there are many support services that you can access:

Samaritans
24-hour support, helpline: 0116 123 (UK), samaritans.org

Mind
(Information & advice on a huge range of mental health topics)
0300 123 3393, mind.org.uk

Education Support Partnership
(Mental health & wellbeing support service for education staff)
Helpline: 08000 562 561, educationsupport.org.uk

Calm
Campaign against living miserably
0800 585858, thecalmzone.net

Action for Happiness
Bringing people together with practical resources
Actionforhappiness.org

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